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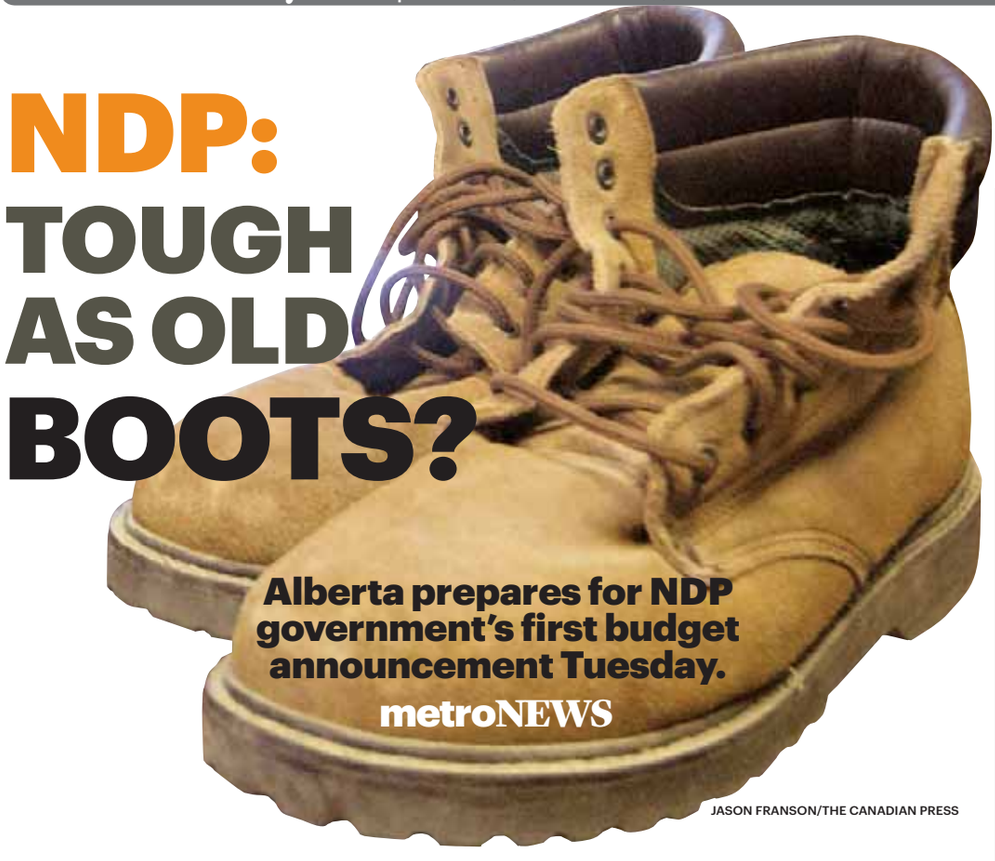

NDP: TOUGH AS OLD BOOTS?

Alberta prepares for NDP government's first budget announcement Tuesday.

metroNEWS

JASON FRANSON/THE CANADIAN PRESS

No entry

UNIVERSITY OF CALGARY

Safety concerns prompt closure, repair of Aurora Hall entrance

Helen Pike
Metro | Calgary

Students say safety concerns have closed off the front doors of Aurora Hall, the University of Calgary's newest residential building, completed only months ago.

Ed Buchan, University of Calgary manager of residence facilities, said the soffit panels at the entrance of the building were sagging — an issue they noticed the morning of Oct. 20.

"The area was closed and proper action was taken right away to ensure the safety of members of our campus community," wrote Buchan in an email statement. "One panel was removed and the safety of the remaining panels was assured."

Sam Sawchuk, a fourth-year student living in the residence was concerned after he heard through social media the "roof was collapsing," and it was a "life safety concern."

"It really makes me question the building codes they followed to construct the building," Sawchuk said. "I chose this one because it was new and I thought it would be clean and nice."

He's had other problems with his room including flickering lights in the shower when using the microwave.

Shaane Nathu, president of the Residence Students' Association, said they haven't had any student complaints about the repairs being made so far.

"Maintenance looked into it and they're repairing it now. They've also looked into all of the other buildings as well just in case any damage presents to the other buildings," Nathu said.

Aurora Hall and Crowsnest Hall were built by CANA Construction at a cost of $64 million. The buildings were finished in time for the September 2015 student move-in.

Students have not been displaced during repairs and the area is currently blocked off.

"We are continuing to investigate the cause of the issue. Once this has been done the repair process will be decided," said Buchan.

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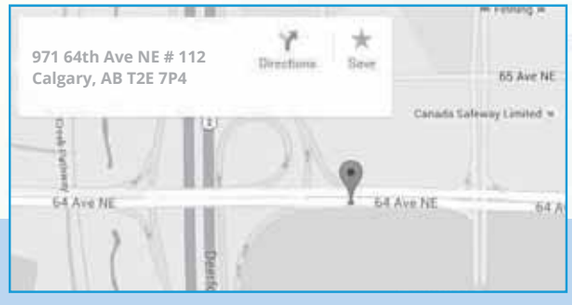

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Canada Post halts community mailbox program. **Business**

Metro speed-tests Uber

People on social media are singing the praises of what the city considers a bandit cab service. The tension between taxi companies, the city and Uber is palpable, but the everyday Calgarian doesn't seem to have a problem hopping in and going for a test drive. Uber is calling its launch in Cowtown one of the biggest successes in North America. Two of Metro's reporters put the ride-share company to the test. So how does Uber stack up against the current taxi system?

HELEN PIKE AND JEREMY SIKES/METRO

metro MATCHUP

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THE PRICE

THE ROUTE

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THE TIME

FROM APP-HAILING TO DROP-OFF: 13:16

THE PRICE

$11.11

CASTLERIDGE

Woman's death suspicious

The Calgary police Homicide Unit was on the scene of a suspicious death on the northeast community of Castleridge Monday afternoon.

Police were called to a home on Castledale Way after the body of a woman in her 30s was found in the home. An autopsy is scheduled for Tuesday.

Neighbour Marcy Monford said she was watching when police arrived. She saw an orange cat try to dart from the home, although police caught it.

Monford offered to take the cat, but police told her they couldn't give her the cat right away in case it had come in contact with the body.

She said they took it to a vet to check for that possibility, and returned with the cat not long after.

"When I took him home he ate a whole bowl of food, so he was hungry," she said.

Down the street, neighbour Dorcas Okongko said she had never seen anything like this in the neighbourhood. She watched a man be taken away in an ambulance from the scene.

Police say they're speaking with the man who discovered the woman, but added that nobody is in custody.

Okongko was concerned because she knew there was a day home for children right next door. One of her own children had been going there until four months ago.

The day home was the first thing that crossed neighbour Sara Cumming's mind when she saw emergency vehicles arrive.

As for the overall neighbourhood, she said it's fairly safe.

"Nothing serious ever happens here — on this block, anyway." BRODIE THOMAS/METRO

A CPS officer stands outside the front door of a home where the body of a woman in her 30s was found Monday afternoon. BRODIE THOMAS/METRO

CREDIT RATING

Budget prompts questions

Premier Rachel Notley faced pointed questions on credit risk Monday, a day ahead of a budget that is expected to propel Alberta's debt levels even higher to pay for infrastructure projects.

Wildrose Leader Brian Jean, citing recent comments from the DBRS rating agency, said credit raters may have to revisit Alberta's top-shelf AAA rating if debt approaches 15 per cent of Alberta's gross domestic product.

"A lowering of the rating will increase the interest we have to pay on debt," Jean told the house in the first question period of the fall sitting.

Notley said Jean will have to wait to see Tuesday's budget for answers, but added: "I think they'll find their concerns are allayed."

The premier also pointed out that instability takes many forms.

"You know what else hurts jobs and security for Albertans?" she asked the house, rhetorically. "A $3.5-billion cut to services. Laying off tens of thousands of employees and front-line service workers and undercutting our education and our health care.

"We are not going to do that. Our budget will be a shock absorber and yet it will still engage in good, sound accounting measures, which I am sure (Jean) will be pleased to see."

Notley's government has already signalled it will continue debt financing for capital construction that began under the former Progressive Conservative government and was projected to hit $31 billion by 2019.

It's part of what is going to be the deepest red-ink budget in provincial history as the NDP grapples with low oil prices, thousands of public-sector job losses, a growing population and an infrastructure deficit left to Albertans by the PCs.

Finance Minister Joe Ceci has already said the budget deficit will be just under a record $6.5 billion.

The province is also running out of options. It will draw $3 billion from its contingency account this year to keep the deficit at $6.5 billion. That will leave $3.5 billion in the fund.

Notley's government has already made changes to increase revenue. It has increased corporate taxes, raised income taxes on the well-to-do and boosted the minimum wage.

Ceci declined to comment last week on new revenue measures but said: "There is not going to be any significant, big (tax) surprises in this budget."

THE CANADIAN PRESS

Province announces $297M in flood-mitigation projects

PLANNING

City area to get protection, but surrounding areas worried

Jeremy Simes
For Metro | Calgary

Mayor Naheed Nenshi said the plans represent a "good day" for Calgarians. JEREMY SIMES / FOR METRO

Calgary's westerly neighbours are fuming with the Alberta government's "poorly thought-out" decision to green-light flood mitigation projects, including the construction of the controversial Springbank off-stream reservoir.

On Monday, Environment Minister Shannon Phillips announced the province will commit $297 million to ensure communities along the Elbow River are protected from a 2013-level flood.

The government will also provide $150 million over the next 10 years to the City of Calgary for local projects through the Alberta Community Resilience Program.

The government hired Deltares — an independent institute for water and sub-surface research — to review the original infrastructure proposal reports, provide a cost-benefit study for flood mitigation work on the Elbow River, and give a project recommendation.

However, Margaret Bahcheli, reeve for Rocky View County, said the cost-benefit analysis is "horrific."

"It was not a business-quality analysis," she said. "Based on the information I've seen, I find it appalling and it falls short of the fiduciary duty for the residents of Alberta."

Three flood mitigation options were previously on the table: the Springbank off-stream reservoir; Glenmore reservoir diversion tunnel; and the McLean Creek dry dam, estimated to cost $344 million.

The tunnel is now off the table — it was extremely expensive, Mayor Naheed Nenshi said Monday.

Nenshi backed the government's decision, calling it a "good day" for Calgarians.

In a prepared statement, The Wildrose Party said the government's flood mitigation efforts is a first step, but more questions need to be answered for land owners in surrounding municipalities, particularly Rocky View.

"Albertans are still feeling the impact of the 2013 floods," Chestermere-Rocky View MLA Leela Aheer said. "Our top priority should be minimization of future damage in consultation with local municipalities and land owners."

Phillips told reporters the government chose the Springbank plan because it's economical, has a low impact on surrounding wildlife and could be constructed sooner.

"Within five months, our government made a tough choice based on the best available evidence," she said.

Bahcheli said she wished the analysis had a comprehensive breakdown of the numbers.

"I would 100 per cent agree with this plan if I had a single sheet of paper I could rely on," she said.

"If it cost more money upfront to get a better decision at the end, then it would've been worth it."

The funding commitment will also pay for flood mitigation projects in Redwood Meadows and Bragg Creek.

RENOVATIONS

KING EDDY

Last week lucky commuters near the National Music Centre, currently under construction, would have been among the first to see the newly refurbished King Eddy sign, which will adorn the King Edward Hotel when the National Music Centre opens in 2016.

Since construction began in 2013, restoring the King Eddy was high on the priority list for the National Music Centre.

HELEN PIKE/METRO

ECONOMY

Housing sales expected to slip

Brodie Thomas
Metro | Calgary

The Canadian Mortgage and Housing Corporation (CMHC) is predicting a drop in both home starts and home sales for Calgary over the next year, before a rebound in 2017.

Not surprisingly, the downturn is tied to the decline in commodity prices, according to Richard Cho, CMHC's principal of market analysis for Calgary.

"Employment growth in 2015 has slowed and will also be muted in 2016 as job losses are expected in the early months of the year," he said. "Migration will also decline as the region continues to face an elevated unemployment rate."

Although the pace is slowing, Calgary's overall growth will continue for the next two years, according to the forecast. Total housing starts for the end of this year are predicted to be 11,900, with a further drop to 10,000 starts in 2016.

A slight uptick is predicted for 2017, with 10,200 starts. Those numbers are for both single-detached and multi-unit starts. Residential sales will tumble by 28 per cent to 24,300 in 2015, down from the record-high 33,615 in 2014.

CMHC predicts falling sales will drive the average sale price down 2.1 per cent, to $451,000. However, prices are expected to start climbing again in the next two years, back to $464,000 by 2017.

The potential for rising mortgage rates may spur buyers to go out and purchase a home over the next two years, although CMHC predicts rates will remain historically low.

> **Migration will also decline as the region continues to face an elevated unemployment rate.**
> Richard Cho, CMHC Market Analyst

5 THINGS TO LOOK FOR IN THE NDP'S FIRST BUDGET

Alberta's NDP is releasing its first budget Tuesday. Balancing its spending promises in health care and education with falling revenues will be a difficult tightrope to walk. Here's what we're watching for. **RYAN TUMILTY**/METRO EDMONTON

1 Red ink — but how much?

Finance Minister Joe Ceci says this coming budget will see the government run a substantial deficit — he's forecast it somewhere between $5.9 billion and $6.5 billion. The budget introduced, but never passed by the Progressive Conservatives in the spring, already forecast a $5-billion deficit this year. The true number arrives Tuesday, but Ceci said last week he hopes it's closer to $5.9 billion.

Finance Minister Joe Ceci METRO FILE

2 New taxes?

The NDP hiked corporate taxes and income taxes for people making more than $125,000 yearly after taking office this spring. Ceci was asked repeatedly last week whether more increases are coming in this budget. He didn't rule it out — saying only that if tax increases come, they'll be small. "You will have to wait until next week, but I can tell you the kind of surprises coming will not be substantive," he said.

3 Money to build?

From the Royal Alexandra Hospital in Edmonton to Calgary's Cancer Centre, and LRT expansion in both cities, there are many projects for the province's dollars to fund, but any of them will add to its debt load.

The province already committed $297 million on Monday for several flood mitigation projects in southern Alberta, meant to protect Calgary and other communities from another major flood.

Added to whatever the NDP may have up its sleeve, the newly elected Trudeau government has promised to increase capital spending, which could be paired with provincial funds. But what will be funded and what won't? We'll find out Tuesday.

An open-pit bitumen mine in Alberta. THE CANADIAN PRESS FILE

4 Where will oil go?

When Alberta drafts a budget, the price of oil is always the elephant in the room. Before this year's oil-price drop, Alberta collected nearly $9 billion in revenue from oil and gas, but this year the previous government was only forecasting about $3 billion — and that was based on an average annual price of oil at roughly $55 per barrel. Oil has been on a downward trend this year and has sold as low as $44 a barrel. And unlike previous drops, analysts predict oil could be down for several years this time.

"Oil is what it is, and we will just have to take a good view of what we think it will be in future years and build our budget accordingly," Ceci said recently.

5 And what about jobs?

Premier Rachel Notley METRO FILE

The number of people out of work in the province has slid up this year as oil prices have slid down, with the provincewide rate hitting 6.5 per cent in September. Several Calgary companies have announced major layoffs in the last few months, and there are fewer jobs and new projects starting in the oil patch.

The government has indicated it will want to help people get back to work, and in its platform promised to set up a grant for employers who make new hires.

BETTING HIS BOOTS

Ceci holds up dad's old footwear as symbol for budget

Finance Minister Joe Ceci is continuing a tradition of new shoes on budget day, but he's trotting out a near-and-dear old pair of workboots.

Ceci says the brown, worn boots were worn by his father, who was a house builder.

He says he kept them as a keepsake after his father died in 2008.

Ceci says the shoes symbolize hard work and are meant to emphasize that Tuesday's budget will help and protect Alberta families.

The NDP has said the budget will run a deficit of almost $6.5 billion, but will also stabilize public services and spur infrastructure building.

New shoes for a new budget have become a Canadian parliamentary tradition, but the origin is unclear.

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Hospital bed wait reaches 9.5 hours

HEALTH CARE

1,900 beds expected to roll out across Alberta in 2016

Jeremy Simes
For Metro | Calgary

Patients are waiting longer this year to be admitted to Calgary hospital beds, according to Alberta Health Services' Q1 2015-16 Performance Report.

On average, Calgary Zone patients are waiting 9.5 hours in the emergency department before being admitted to hospital beds, up by 0.4 hours from last year's Q1 wait-time of 9.1 hours.

By the time patients are waiting for a bed, doctors have already assessed them. And prior to that assessment, patients wait — on average — about 1.4 hours in Calgary hospitals, according to the report.

Last year's Q1 report also revealed Calgary patients spend 1.4 hours before they were assessed by a doctor.

For the Calgary Zone, AHS's targets for patients waiting for a bed and patients waiting to see a doctor are 8.3 hours and 1.2 hours, respectively.

"It's the same thing over and over again," said Rick Lundy, founder of Open Arms Patient Advocacy Society. "ER rooms are over capacity and it's a big problem. I think we're all getting tired to listening to the same thing every year."

Dr. Francois Belanger, vice-president and medical director for the Central and Southern Alberta Zones with AHS, said the health authority's biggest challenge is to find available acute beds for patients in waiting rooms.

He said many acute beds are being used by patients who require them for continuing care purposes, meaning longer wait times. Plus, he said more people are accessing services this year than in years past.

Among the handful of the authority's initiatives to ensure acute beds remain in place for patients with acute needs, AHS has added 542 continuing care beds this year, Belanger said.

The health authority also expects 1,900 more continuing care beds to roll out across the province next year.

Although AHS doesn't meet some of its targets, Belanger said the health authority has been improving its services.

"Our targets are aggressive and, while we haven't met them, we've improved over the years," he said. "We'd like to get better and that's why the targets are there."

Patients are waiting an average of 1.4 hours in Calgary hospitals before being seen by a doctor, the Alberta Health Services' Q1 2015-16 Performance Report suggests. METRO FILE

TIPS WANTED

House fire deemed suspicious

The Calgary Police Arson Unit says a fire in Britannia is now believed to be suspicious.

The Calgary Fire Department was called to the unoccupied house in the 4200 block of Elbow Drive SW on Saturday afternoon. The house was destroyed, but fire crews kept the flames from spreading to neighbouring homes.

Anyone with information about the incident, or who may have been in the area at the time the fire began, is asked to call police at 403-266-1234, or to call Crime Stoppers anonymously at 1-800-222-8477. Tips may also be submitted online at tttTIPS.com, or by texting tttTIPS to 274637. METRO

IN BRIEF

Alberta agency probes death of inmate

The Alberta Serious Incident Response Team is investigating the death of a 46-year-old man who was being transported in an Edmonton police van. The agency says the man was one of six people being moved from police cells to the remand centre Monday morning. He had been kicking and yelling as he was being put in the van. Officers later discovered he was "unresponsive and in medical distress." He was pronounced dead in hospital. THE CANADIAN PRESS

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IN BRIEF

Petitions spawn for and against Harper airport

An online petition has been started to rename Calgary International Airport to the Stephen J. Harper International Airport.

The creator of the petition, Curtis Mullen, said it's not without precedent to name an airport after a prime minister: there is an airport named for John Diefenbaker in Saskatoon, Lester B. Pearson in Toronto and Pierre Elliot Trudeau in Montreal.

"With Stephen Harper representing Calgary and western Canada as the longest serving prime minister from western Canada, I believe it's apropos that the airport be named in his honour," said Mullen.

Soon after Mullen's petition launched, a separate petition was started online to prevent the renaming of the Calgary International Airport.

AARON CHATHA/METRO

Driver's legs crushed in truck-train collision

A man is in hospital with life-threatening injuries after a collision between a train and the semi-truck he was driving.

The crash happened at a level crossing on 30 Street near 54 Avenue SE around 1:45 p.m. Monday.

Firefighters found the driver's leg was pinned underneath the truck's windshield post. They used hydraulic extraction tools to free him. He was awake and alert through the extraction process, according to firefighters.

The man, who is in his early 50s, was then transported to hospital by EMS. He sustained serious injuries to both legs, according to EMS. METRO

Break-and-enters hit Calgary's northeast

CRIME

44 businesses targetted with bricks, rocks in one week

Aaron Chatha
Metro | Calgary

A photo taken at Best Buy Furniture in Westwinds shows a suspect moments before hurling a rock through the glass door. AARON CHATHA/METRO

Broken glass, a damaged cabinet and bloodstains where the thief cut his hand — Raj Sidhu's northeast furniture store is just the latest in a string of break-and-enters in northeast Calgary.

Calgary police said in the past week there have been 44 break-and-enters concentrated in the Falconridge, Castleridge and Westwinds areas, with potentially another 10 outside of the district.

"It's a very tough time. We work all day, it's long, and at the nighttime they bring these hassles," said Sidhu, who received a call from his security company just before 11 p.m. on Sunday. He doesn't keep money in the register after close, but employees told Metro they don't always feel safe cashing out at night.

They recalled the October 2014 stabbing death of Maqsood Ahmed, who owned a business in the area and was carrying a moneybag when he was robbed.

Staff Sgt. Brad Moore with the Calgary Police Service said most of the recent break-and-enters have followed the same pattern.

"The suspected MO is to gain entry into the premises by using a rock or a brick to smash the front glass door," he said.

> **We work all day ... and at the nighttime they bring these hassles.**
> Raj Sidhu

Once inside, culprits steal or break the cash register open.

The break-ins happened between 11 p.m. and 4 a.m. All types of businesses were targeted and the method of entry was the same each time.

"I can't say at this point in time it's a specific group, but they've all shared information somewhere and come up with the same strategy to do this."

Moore said police have taken one person into custody.

They've identified at least one suspect, described as a white male, 30-45 years old, slim build, five-foot-eight to six-feet tall, seen in blue jeans, a dark zippered hoodie and a dark-coloured baseball hat.

It's unclear how much cash has been stolen, as police are still talking to business owners, reviewing video footage and collecting forensic evidence.

For now, Moore recommends business owners leave their tills open, to show potential thieves that there's no cash on the premises.

Anyone with any information is asked to contact police by calling the non-emergency line at (403) 266-1234.

INTERNET

Peeple hires N.Y. PR firm

Brodie Thomas
Metro | Calgary

The people behind the people-rating app Peeple are breaking their silence — sort of.

The Calgary-based company has received near-universal derision from around the world for its plans to launch an app that would allow people to rate others online in the same way restaurants are rated.

The company reached out to Metro News on Monday with an email from a New York-based public relations agency.

"Julia and Nicole have broken their silence after making several tweaks to the app's policies and concept, making it 100 per cent opt-in and giving its users the ability to review all content that is posted about them, with the option to reject any content they deem unacceptable."

The firm invited questions, and Metro responded with a list of several, but didn't receive a response by deadline.

University of Calgary law professor Emily Laidlaw specializes in online legal regulation. She said Peeple's new approach still opens them up to liability.

"I guess it just minimizes the number of complaints there might be. Because if they're agreeing to that information being published about them, then that turns it into an advertising service for themselves."

Laidlaw said they've now watered down the app to where it's almost pointless.

She contrasted the Peeple idea with LinkedIn, which is all about making and growing professional connections.

WE Day: Chat with Kardinal Offishall

CANDICE WARD
For Metro | Calgary

Canadian hip-hop superstar Kardinal Offishall is known to most for his upbeat sounds that have brought him commercial success around the world. Today he will be flexing his philanthropic muscles as the anchor host for WE Day — a powerful series of educational events that combines the energy of a live concert with the inspiration of extraordinary stories of leadership and change.

How do you use your celebrity status to create change in the world?

For me, working with Free the Children is super important because there are several things we're able to accomplish under the umbrella of one organization. For me, it works with my schedule as well as my beliefs, morals and values. With the not-for-profit that my wife and I have called 30 Elephants, it works for us because travel is a big part of what we do.

Why is it important to you to get involved with youth?

Through spreading amazing messages to the youth, the youth are the biggest perpetrators of great and bad things. I think what we do with WE Day is focus on the great things and they start to spread that message in their schools and their communities and it really starts to have that ripple effect. They really are making a huge, huge difference.

What are you working on next?

I have an album coming out this Friday on Oct. 30 called Kardi Gras Volume 1: The Clash. That's a pretty big thing. I'm also an executive at Universal and we're working on new acts and talents that we have signed and are developing, guiding and mentoring, as well as continuing on with my philanthropic endeavours.

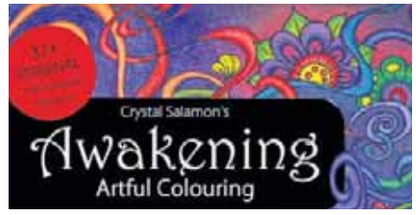
WE Day Alberta is taking place at the Saddledome today and brings together over 16,000 students who are celebrating the commitment they have made to take action on local and global causes they care about most. This year's lineup includes The Band Perry, Henry Winkler, the Kenyan Boys Choir and inspirational youth such as Rameez Virgi.

Canadian hip-hop artist Kardinal Offishall will be the anchor host of WE Day in Calgary. CONTRIBUTED

METRO ADULT COLOURING CONTEST

COLOUR YOUR CALGARY

It's time to sharpen your pencil crayons, Calgary. Each week until the end of the year, Metro Calgary, and partners Nikon and the Camera Store, give you a chance to win two seats to the Dec. 31 game between the Flames and Kings. This week's contest closes Monday, Nov. 2, at noon.



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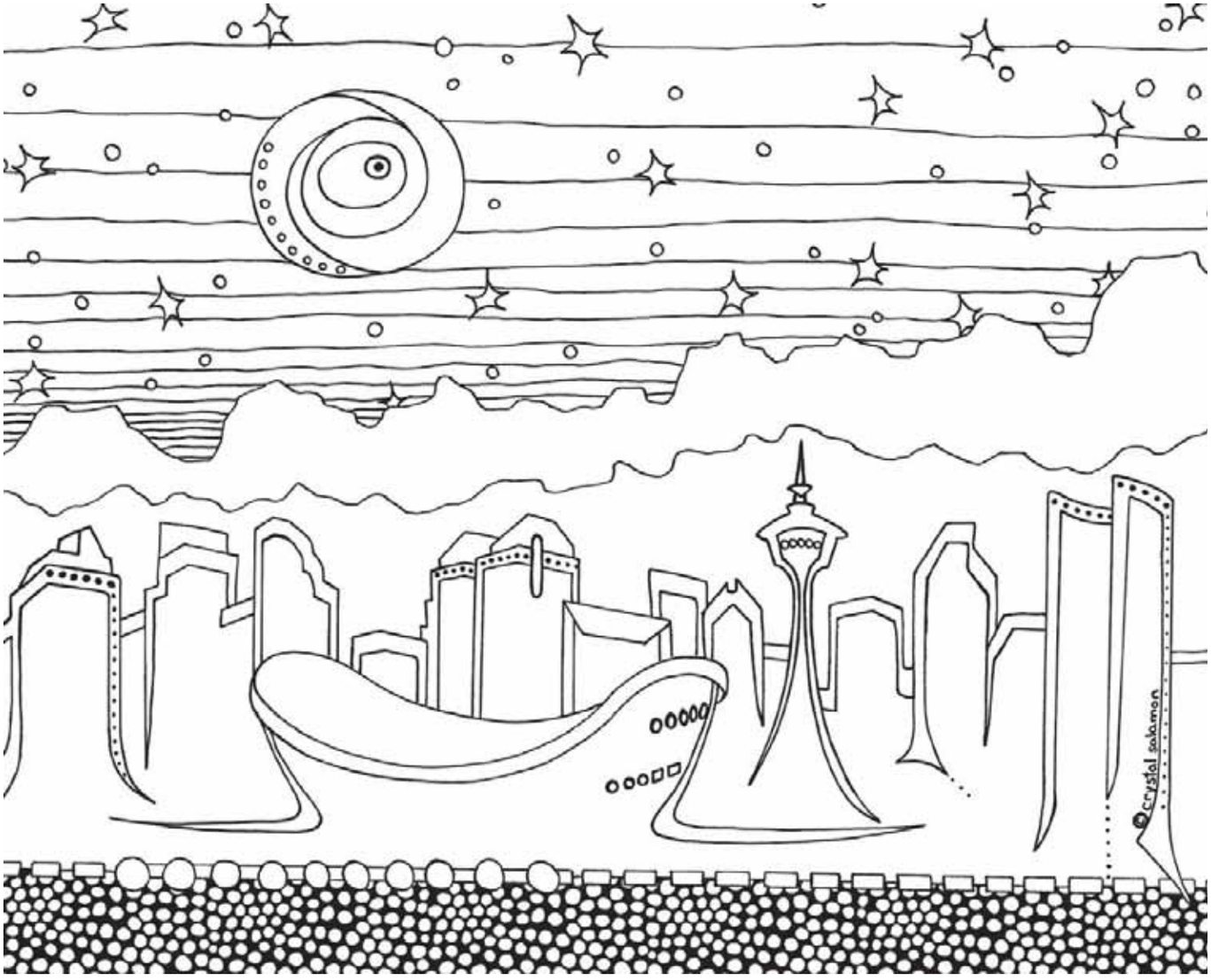

THE ARTIST

Crystal Salamon

Crystal Salamon is a wildly creative Turner Valley artist and instructor, extreme sport enthusiast, mother of two busy boys and a passionate advocate for colouring's ability to inspire creativity.

Awaken your creative spirit and inner child with 37-plus hand-drawn designs in Crystal's book, Awakening: Artful Colouring. Purchase at crystalsalamon.com and at select Calgary and area stores, including Mona Lisa Artists' Materials, Yogadotcalm, Swinton's Art Supplies, Heritage Park and Bluerock Gallery. Join her on Facebook.

THE RULES

First Name: _____
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No purchase necessary. Contest open to Alberta residents 18 years of age or older. Odds of winning depend on the number of eligible entries and calibre of entries received. Coloured entries to be dropped off in-person during business hours: The Camera Store (802 11th Ave. S.W.) or Metro Calgary (110, 3030 3rd Ave N.E.). Winners will be drawn weekly from Oct. 19 to Dec. 21, and one (1) grand prize will be awarded on Dec. 22.

Approx. retail value of the grand prize is $400. Full contest closes Dec. 20, 2015, at 11:59 p.m.

For complete contest rules, visit clubmetro.com/Calgary.

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‘You’ll see more money’

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau’s to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

Michael Woods
Metro | Ottawa

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn’t give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty’s, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau’s “fairness” pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

“A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class,” he said at a suburban Toronto grocery store on Oct. 9. “You’ll see more money on your paycheques right away.”

It’s unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here’s how the plan will work.

Trudeau **PROMISES TRACKER**

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than $200,000 annually. They would also cut the tax rate for people earning between $44,701 and $89,401 from 22 per cent to 20.5 per cent.

Trudeau has said that will save $670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The $3 billion in tax relief for middle-income earners will be offset by $3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from the tax cut.

“They’re calling it a middle class tax cut because it aims at the middle tax bracket,” said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. “In fact, the people who get the most benefit from the middle class tax cut earn the top 20 per cent of households.”

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than the top of the bracket.

“You have to make at least $89,000 personally to benefit from the full value of this tax break,” he added. “That’s three times the median income.”

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20. ADRIAN WYLD/THE CANADIAN PRESS

> **A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class**
> Prime minister-designate Justin Trudeau

Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who’s in and who’s out.

WHO’S IN?

1 **Erin O’Toole**
Veterans Affairs Minister

2 **Rob Nicholson**
Minister of National Defence

3 **Diane Finley**
Minister of Human Resources

WHO’S OUT?

1 **John Baird**
Former foreign affairs minister

2 **Mark Mulroney**
Son of former prime minister Brian Mulroney

3 **Jean Charest**
Former premier of Quebec

METRO WITH FILES FROM THE CANADIAN PRESS

Canadian Coast Guard crew arrive at a dock in Tofino, B.C., shortly after midnight Monday following a search-and-rescue operation for a whale-watching boat that capsized near Vancouver Island. CHAD HIPOLITO/THE CANADIAN PRESS

Sinking victims ID'd

BRITISH COLUMBIA

Five killed in boat capsizing were British, officials say

All five people who died after a whale-watching ship sank off the west coast of Vancouver Island were British nationals, Britain's Foreign Office confirmed Monday.

"My thoughts are with the family and friends of all those affected by this terrible accident," British Foreign Secretary Philip Hammond said in a statement, adding consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said Monday those who died ranged in age from 18 to 76, and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C., and a man lived in Ontario, the service said.

A tour boat with 24 passengers and three crew members on board sank Sunday afternoon about 15 kilometres northwest of Tofino, B.C.

First responders managed to rescue 21 passengers, some of them injured. The search for one person still missing was called off Sunday night.

Boats from the nearby Ahousaht First Nation that answered the ship's mayday call on Sunday around 4 p.m. found it partially submerged.

Authorities have not said what might have caused the boat to sink.

Kelsey Rix and two other health-care workers were on a Tofino dock Monday preparing to leave for the village of Ahousaht.

The community health nurse said they'll be checking on the well-being of those who tried to help people thrown into the water.

"The local First Nations were the first in the water and the first to pull out the victims," she said.

Valerie Wilson, with the Island Health authority, said four people remain in different hospitals around the province. All of them are listed in stable condition, she said.

THE CANADIAN PRESS

COMPANY STATEMENT

The 20-metre boat, the Leviathan II, belonged to a local whale-watching company called Jamie's Whaling Station.

It issued a statement saying its entire team was heartbroken by the tragic day.

"We are doing everything we can to assist our passengers and staff through this difficult time," owner Jamie Bray said. "We are co-operating with investigators to determine exactly what happened."

DIPLOMACY

Doer says his time in Washington is up

Canada will soon have a new ambassador to Washington.

Gary Doer has confirmed he'll be leaving Canada's most important diplomatic post once he's helped the new Liberal government with its transition.

The sports-loving ambassador made the announcement in characteristic fashion: with a hockey metaphor.

Repeating a phrase he's often used when asked how much time he has left, Doer described himself as being in "double-overtime" — and, in his first interview since Canada's federal election, he made it clear there will be no triple-overtime.

The former NDP premier of Manitoba was appointed six years ago, making his stint in Washington longer than the vast majority of his recent predecessors.

While much of the chatter about Canada-U.S. relations over the last six years has focused on the Keystone XL pipeline irritant, the era also witnessed a series of successes on Canadian priorities.

The latter include a deal to unclog border crossings, Canada's entry into the Trans-Pacific Partnership trade negotiations, an agreement on a new Detroit-Windsor bridge that bypassed opposition in the U.S. Congress, anti-red-tape measures and a coveted classification of Canadian hydro power as a renewable energy.

THE CANADIAN PRESS

Gary Doer THE CANADIAN PRESS FILE

EU CRISIS

Migrants surging across Balkans

The surge of migrants crossing the Balkans on their way to Western Europe continued unabated on Monday in the hours after European leaders reached an agreement to slow the flow that has heightened tension among nations along the route.

European Union leaders committed to helping the Balkans handle the flow of people making their way through the region en route to more prosperous countries. But with cold weather setting in and record numbers of people arriving, questions remain about whether that assistance can come quickly enough to make a difference.

"This is a step in the right direction and now it is crucial to respect the commitments," said Slovenian Prime Minister Miro Cerar.

Croatian police said Monday more than 13,000 migrants arrived from Serbia in the past 24 hours, while Slovenian police reported nearly 10,000 arrivals from Croatia in the same period. Further west, some 3,500 people had to sleep outside in Austria in cold fall weather, while Germany said it had seen 15,000 arrivals over the weekend.

The EU leaders committed to bolster the borders of Greece as it struggles to cope with the wave of refugees from Syria and beyond who cross over through Turkey. They agreed reception capacities should be boosted in Greece and along the Balkans migration route to shelter 100,000 more people as winter looms and additional EU border watchdog agency officials will be deployed to monitor the flow. THE ASSOCIATED PRESS

This is a step in the right direction.
Miro Cerar, PM of Slovenia

A migrants reception facility is seen in Brezice, Slovenia. Thousands of people are trying to reach northern Europe via the Balkans. ELDAR EMRIC/THE ASSOCIATED PRESS

IN BRIEF

Abbas seeks EU help to ease crisis with Israel

Palestinian leader Mahmoud Abbas came to European Union headquarters Monday to seek the bloc's help with the crisis with Israel. There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire, including 30 said by Israel to be attackers and the rest in clashes. Abbas said a cause of the flare-up is Israel's refusal to honour an arrangement governing a sensitive holy site in Jerusalem revered by both Jews and Muslims. THE ASSOCIATED PRESS

Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake reverberated across Asia and took a massive toll in the mountain regions near the Afghan-Pakistan border. AQEEL AHMED/THE ASSOCIATED PRESS

Afghanistan reeling from massive quake

SOUTH ASIA

7.5-magnitude event causes widespread death, damage

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Workers who had just returned from lunch rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan officials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicentre, located 73 kilometres south of Fayzabad, the capital of Badakhshan province.

Afghanistan's President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency relief reached the needy as soon as possible, his office said. THE ASSOCIATED PRESS

AID

The U.S. has emergency shelters and kits stored in Afghanistan that could be used for aid there. Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country. THE ASSOCIATED PRESS

DEMOCRACY

Roundup: Voters around the world cast ballots in elections

HAITI

Haiti's voters have spoken. But nobody's quite sure what they've said.

Even tentative results of Sunday's presidential election likely won't be known for at least 10 days, despite the fact the election, which involved 54 presidential candidates and tens of thousands of contenders for other races, went unusually smoothly.

Haitian and international rights groups said voting was

largely free of any disorder.

POLAND

Official results from Poland's parliamentary election on Monday confirmed the right-wing Law and Justice party took more votes than any other group.

The country's election authority said Law and Justice won 37.6 per cent of the vote in Sunday's parliamentary election.

UKRAINE

Four exit polls from Ukraine's local elections released Monday indicated the governing coalition would retain its dominant position in the west and centre of the country despite widespread disappointment with

President Petro Poroshenko's government.

In the south and east, voters favoured the Opposition Bloc, formed from the remnants of the party of the former pro-Russia president.

More than 130 parties fielded candidates. Complete results are expected Nov. 4.

ARGENTINA

The top 2 presidential candidates in Argentina reset their campaigns Monday after a razor-close election vote forced a runoff and cast doubt on the legacy of President Cristina Fernandez.

GUATEMALA

Now that former comedian

Jimmy Morales has ridden a tide of voter frustration to win Guatemala's presidency, it remained unclear Monday about what the political neophyte might do once in office. THE ASSOCIATED PRESS

Refugees from Syria and Iraq disembark on the Greek island of Lesbos on Monday after arriving with 120 others on a boat from the Turkish coast. SANTI PALACIOS/THE ASSOCIATED PRESS

120K Syrians displaced, UN says

MIDDLE EAST

October exodus adds pressure to the country's crowded camps

At least 120,000 people have been displaced in Syria this month because of fighting, according to UN humanitarian officials.

The UN Office for the Coordination of Humanitarian Affairs said the people fled their homes in the Aleppo, Hama and Idlib governorates between Oct. 5 and Oct. 22.

UN spokesman Stephane Dujarric said Monday that most remain in the three governorates but some have fled to camps near the Turkish border. He said most people in Aleppo moved toward villages and towns in the countryside west of the city.

Dujarric said the displaced Syrians need tents, basic household items, food, water and sanitation services.

He said the UN's humanitarian partners are scaling up their response, and distribution of cooked and ready-to-eat food has started to those displaced in the three governorates but needs to be stepped up.

The UN report largely matches up with a similar report Monday by the Norwegian Refugee Council, which estimated that 100,000 Syrians have been displaced in the last three weeks by the recent surge in fighting following the start of an airstrike campaign by the Russian military.

The council said this new exodus is pressuring already overcrowded and overstretched camps in the country.

In a statement, the group said the new wave of displacement is mostly from the province of Aleppo, where Syrian government and allied troops, emboldened by Russian airstrikes, began a ground offensive on Oct. 16.

The militant Islamic State group has also seized new territories in Aleppo, pushing out rival rebels and fighting with government troops.

Others were displaced by the airstrikes and fighting in Hama and Homs.

THE ASSOCIATED PRESS

NO PEACE PLAN YET

The international effort to revive a peace plan for Syria fell short again on Friday, as top diplomats from the United States, Russia, Saudi Arabia and Turkey met in Vienna to toss around ideas on how to restart talks on a political transition in Syria.

They failed to agree on any concrete steps other than to meet again, probably this week.

And after years of on-and-off talks, the four countries remain deeply divided on the most contentious issue: the future of Syrian President Bashar Assad.

BANGLADESH

Suspects nabbed in aid worker's death

Police in Bangladesh have arrested four suspects in the killing of an Italian aid worker last month and said Monday the alleged gunmen had confessed to being hired to attack "a white man" in order to destabilize the impoverished South Asian nation.

Cesare Tavella was gunned down by motorcycle-riding assailants Sept. 28 while jogging in the diplomatic quarter of Dhaka, Bangladesh's capital.

Five days later, a Japanese citizen was killed in a similar attack in northern Bangladesh.

The killings spooked the country's expatriate community and threatened its fragile economy, which is heavily reliant on foreign aid and a $25-billion garment industry supplying clothing for international brands.

Responsibility for the attack on Tavella was quickly claimed by the Islamic State of Iraq and the Levant (ISIL), but Bangladesh's government rejected the claim and said there was no evidence the group had any presence in the country. It also rejected ISIL claims for killing the Japanese man and for the bombing of a Shiite procession over the weekend that left a teenage boy dead and more than 100 people injured.

Bangladesh has instead accused domestic Islamist militants along with Islamist political parties of orchestrating the violence to destabilize the already fractious nation. THE ASSOCIATED PRESS

CRACKDOWN

Experts say a government crackdown on radical groups has left some of the country's more hard-line Muslims feeling alienated and led to a resurgence of Islamic extremists.

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Canada Post suspends community mailboxes

POSTAL SERVICE

Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at restoring the home mail delivery to those who have already lost it," Palecek added.

"And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

WHERE IT STANDS THIS YEAR

Mail volumes decline but overall revenues increase

Canada Post reported in May that letter mail volumes fell 8.4 per cent in the first quarter of 2015, or by 41 million pieces, compared with the same period a year earlier. At the same time, however, the agency said it recorded a 10-per-cent increase in overall revenues and a before-tax profit of $24 million in the first three months of the year, contrasting with a $37-million loss during the same quarter in 2014.

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government.

And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

There were several localized protests against the installations in Ontario and Newfoundland and Labrador, with some people defiantly taking to standing or lying on dirt piles to prevent workers from placing cement foundations for the mailboxes.

THE CANADIAN PRESS

PHARMACEUTICALS

Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to manipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Citron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the highest levels of management.

"His motivation is the same as someone who runs into a crowded theatre to falsely yell 'fire'," Pearson said. "He intentionally designed the report to frighten our shareholders to drive down the price of our stock so he could make money for his short selling."

THE CANADIAN PRESS

RETAIL

Bay plans discount U.S. fashion chain

Hudson's Bay Co. is bringing a new discount fast fashion option to the United States.

The Canadian department store chain operator says it hopes to attract young shoppers on the hunt for cheap and trendy threads with Find @ Lord & Taylor. The offshoot of its Lord & Taylor department store chain will stock name brands at prices reduced by as much as 70 per cent.

Styles hot off the runway have been soaring in popularity over the past decade, led by European low-priced chains like H&M and Zara. As those companies rapidly expand into smaller markets, they've attracted more people who might have once spent their money at department stores.

Hudson's Bay Co. says its new Find @ Lord & Taylor stores will offer a selection of women's, men's and kids apparel, as well as footwear and home furnishings.

THE CANADIAN PRESS

IN BRIEF

CMHC sees slowdown

A rise in the inventory of unsold homes, higher prices and mortgage rates and an increase in the supply of rental units are all expected to cool the housing market over the next two years, Canada Mortgage and Housing Corp. said Monday.

THE CANADIAN PRESS

market minute

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Tuesday, October 27, 2015

EMMA TEITEL

It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labour through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

The argument that legalization will keep weed away from youth is unconvincing.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugô St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals' proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irresponsible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned. That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems, but it will make it clear the truth lies somewhere in the middle.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

Thanks for your transit promises, Conservatives

KLASZUS' CALGARY
Jeremy Klaszus

In retrospect, Calgary Transit commuters can be thankful the Conservative Party of Canada started panicking about its electoral future early on.

You could smell the fear when, in late July, Jason Kenney announced $1.53 billion in spending for the planned LRT Green Line, which will extend from the city's far central-north to the deep southeast.

It was all a little stunning. Did Kenney just say "billion" with a B? Here, in the Conservative heartland?

All of a sudden, transit riders have strong advocates in all levels of government.

It wouldn't have to do with an imminent election, would it, and the possibility that Conservatives could lose Calgary seats to the Liberals for the first time in decades?

Naw, insisted Kenney. "I don't think that's frankly relevant," he said at the time.

Sure it wasn't. A Toronto Star headline summed it up nicely: "Stephen Harper rolls the pork barrel out west."

Pork barrel or not, the announcement was significant. It set a mark that other parties had to meet. The $1.5-billion promise amounts to one-third of the Green Line's estimated cost. That's huge.

To make sure that pledge didn't evaporate regardless of who won the election, Mayor Naheed Nenshi asked each party in his Cities Matter survey if they would honour the $1.5-billion commitment. Yes, said the Liberals. Yes, said the NDP. Yes, said the Greens.

None of these parties could be seen giving less transit funding to Calgary than the Conservatives.

Now, all of a sudden, transit riders have strong advocates in all levels of government.

Nenshi has proven himself a fierce proponent for public transit, not just for Calgary but also for Canadian cities in general.

The provincial NDP was led by a former Edmonton bus driver, Brian Mason, until last year. Premier Rachel Notley and Finance Minister Joe Ceci have both indicated that they intend to fund critical infrastructure projects amid the current economic gloom, and one expects the Green Line will qualify. (We'll find out more when the NDP government releases its first budget Tuesday.)

And prime minister-designate Justin Trudeau spent the morning after election night at a Montreal subway platform, where he greeted commuters.

I would say "transit riders of Canada, unite!" — but it seems they already have. They've taken over.

Sure, you could argue that Trudeau's subway glad-handing was a brilliant bit of "man of the people" theatre and nothing more. However, during the campaign the Liberals promised to quadruple spending on public transit over the next decade — amounting to "almost $20 billion more in transit infrastructure."

Which cities that extra money will go to aren't specified in the Liberal platform. But now that the party finally has a toehold in Calgary with the election of Liberals Darshan Kang and Kent Hehr, it seems unlikely Calgary will be neglected when it's time to dole out the dollars.

Jeremy Klaszus is a freelance journalist and stay-at-home-dad. He tweets @klazsus.

ROSEMARY WESTWOOD
metroview

Anti-choicers don't just hate abortion, they hate vaginas

Yeast infections! Yeast infections! Shout it with me: Yeeeaaasssst infeeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

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McDonald's Canada to remove antibiotics used in humans from its chicken by the end of 2018.

The healing power of hip hop

MEDICINE

Doctors use popular lyrics to fight mental health stigma

Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song Swimming Pools to the portrait of an obsessive fan in Eminem's 2000 track Stan.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as The Lancet and the Journal of Public Mental Health.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry. What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental-health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different, unique way of delivering the information in a way people can relate to.

What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics … the prisoners felt able to open up about mental-health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

> **It doesn't sugar coat anything and the message comes from the heart.**
>
> Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve.

AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

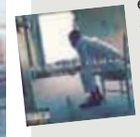
TORSTAR NEWS SERVICE

THE MESSAGE

Deconstructing some of our favourite songs

• Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule



• Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.

• Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.

LAMAR ODOM

Health Canada takes aim at so-called herbal Viagra

Devon Scoble
For Metro Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that may enter the marketplace via travellers or the Internet.

> **'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.**
>
> Maryse Durette, spokesperson for Health Canada

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions. 'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural', either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and Reload) requires both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs as they are sometimes referred to as, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your health-care provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

Being the very best Bachelor he could be

FITNESS

Farmer turned reality star shares his workout tips

If Chris Soules ever needed incentive to get ripped, the thought of millions of people watching him date on TV did it.

"I wanted to be the best Bachelor I could be," Soules said during a visit to Toronto for a Grain Farmers of Ontario event. "I worked really hard to get into shape."

The 33-year-old farmer — best known for his turn as the 19th Bachelor on the romance reality show by the same name — grew up working on his family farm in Arlington, Iowa and playing football in college. But he admits he fell off the fitness bandwagon for a time, not taking care of himself and eating too much.

It was his looming Bachelor debut that spurred him into action. For five weeks, Soules worked out religiously — twice daily for an hour and a half each — determined to transform himself into a chiseled figure worthy of appearance-obsessed reality TV.

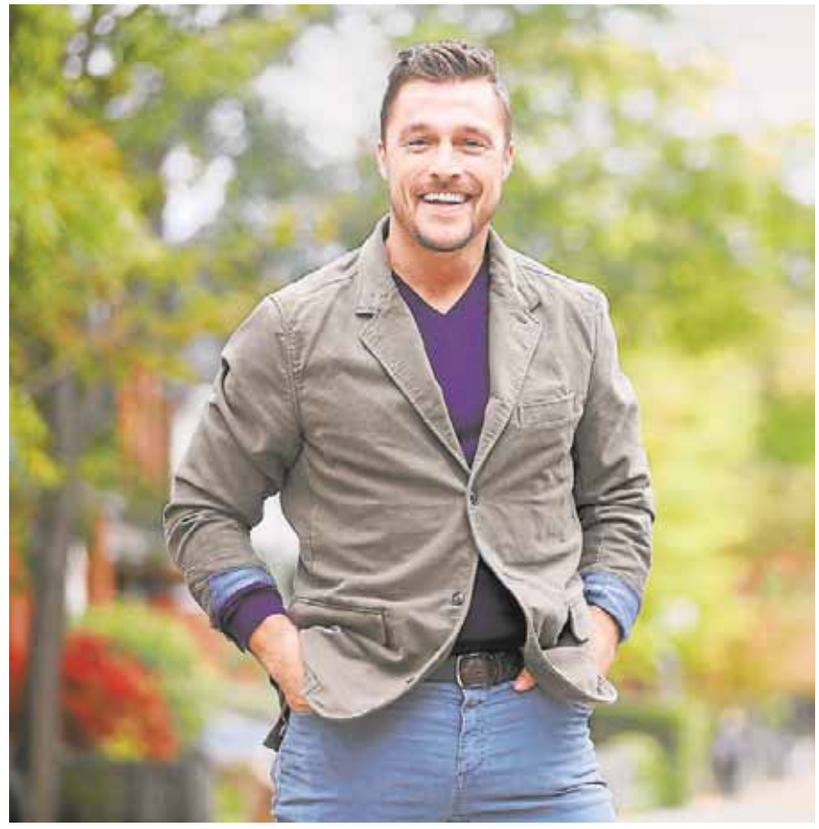
The thought of meeting 30 beautiful women helped too.

"I knew they would be trying to be their best so I wanted to be my best," he said.

After the show, Soules' stint on Dancing with the Stars pushed his body to even higher limits.

"It was a non-stop, gruelling process but I loved every second of it," he said of practising dance for six-plus hours every day for 10 weeks.

Today, his workout is a bit more sustainable — an hour and a half every day. Without it? "I don't feel normal," he said. TORSTAR NEWS SERVICE



U.S. Bachelor star and farmer Chris Soules trained for an hour-and-a-half, five days a week, twice a day to get in shape for the show. VINCE TALOTTA/TORSTAR NEWS SERVICE

HOW HE DOES IT:

His daily workout:
Cardio: Either four miles (6.4 kilometres) on the treadmill or 30 minutes on the elliptical machine.
Weights, etc.: After cardio, Soules spends one hour doing weights, working with a kettle bell, doing lunges and ab exercises.

His diet:
Soules says he likes to eat "a healthy, clean diet" filled with vegetables and meat. He has a penchant for hard-boiled eggs.

His playlist:
Soules says he prefers country for cardio and rap for weights.

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Other cancer-causing substances

Alcohol: The U.S. Department of Health and Human Services' National Toxicology Program lists consumption of alcoholic beverages as a known human carcinogen. According to its Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 (about 19,500 deaths) were alcohol related. Another report found that people who consume about 3-and-a-half drinks per day have at least a two to three times greater risk of developing head and neck cancers than nondrinkers.

Sunlamps: Exposure to sunlamps or sunbeds is known to be a human carcinogen based on sufficient evidence from studies in humans, according to the NTP. Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30.

Air pollution: Outdoor air pollution was added to the IARC's list of carcinogens in 2013. The agency said there is sufficient evidence that exposure to outdoor air pollution causes lung cancer, and it also noted a positive association with an increased risk of bladder cancer. The agency said that in 2010, 223,000 deaths from lung cancer worldwide resulted from pollution.

Smoking: Tobacco smoke was added to the National Toxicology Program's 9th report in 2000. The IARC links tobacco smoking with lung, bladder, lip cancers, stomach, liver and kidney cancers, among others. Tobacco kills around 6 million people each year.

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Cured meats linked to cancer: WHO

TORSTAR NEWS SERVICE/FILE

PROCESSED FOODS

Daily intake increases risk of some cancers

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous, but said the risk grows with the amount consumed.

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

> **"The global impact on cancer incidence is of public health importance,"**
> Dr. Kurt Straif

"In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement. The cancer agency noted research by the Global Burden of Disease Project suggesting that 34,000 cancer deaths per year worldwide are linked to diets heavy in processed meat — compared with 1 million deaths a year linked to smoking, 600,000 a year to alcohol consumption and 200,000 a year to air pollution.

Doctors in rich countries especially have long warned that a diet loaded with red meat is linked to cancers, including those of the colon and pancreas.

Overall, the lifetime risk of developing colorectal cancer is about one in 20, or about five per cent, according to the cancer society. This risk is slightly lower in women than in men. Ian Johnson, THE ASSOCIATED PRESS

The secret is out with latest single

MUSIC

Producer, co-writer of Hello says keeping mum was hard

Getting into the studio and writing a potential hit song for Adele sounds hard enough. Now add keeping mum about the track for a year.

That's the challenge Greg Kurstin faced after producing and co-writing Hello last year.

"I'm not going to lie; it's not easy to hold that information in for that long. It's kind of like I was holding this big secret for so long, but I stuck with it," the Grammy- and Golden Globe-nominated songwriter-producer, said in an interview with The Associated Press.

"It wasn't easy. You kind of want to shout it out, run around in the streets yelling to random strangers what you've just done," he added.

Hello was released Friday and it topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million.

Hello is Adele's first single since releasing 2011's earth-shattering 21, her sophomore album that sold more than 11 million units in the United States and won the Grammy Award for album of the year, among other accolades.

"I'm still in shock honestly. ... I was just pretty blown away," Kurstin said of the insta-success of Hello.

Kurstin, who has worked with Pink, Lily Allen, Katy Perry and Taylor Swift, said he and Adele were supposed to work on music for 21, but that it didn't pan out. On 25, which Adele will release on Nov. 20, he also contributes to the tracks Water Under the Bridge and Million Years Ago.

Kurstin said he was putting some pressure on himself before meeting with powerhouse singer since this was her followup to 21. But that changed once he set foot in the studio, and they started working on songs last year, including Hello.

"She's just so wonderful to be around. She is funny and she's just so down-to-earth. ... You can immediately relate to her and connect with her," Kurstin said of Adele. "I really felt very comfortable around her because she makes you feel that way. She's just cool, and then she gets on the microphone and of course blows your mind."

Kurstin's writing and production credits include pop smashes like Sia's Chandelier, Kelly Clarkson's Stronger (What Doesn't Kill You) and Ellie Goulding's Burn. He is one half of the indie duo The Bird and the Bee, releasing a fourth album this year.

Kurstin is also working with another Grammy album of the year winner: He produced Beck's new single, Dreams, and is producing other tracks on the rock singer's followup to 2014's Morning Phase, which won the top Grammy earlier this year.

"I used to play in his band actually," said Kurstin, who added that is the first time he's officially writing and producing for Beck. THE ASSOCIATED PRESS

metroGOSSIP MUST READ

Adele performs during the Oscars in 2013. Released Friday, Adele's Hello has topped the iTunes singles chart. The video broke Vevo's record for most views in a day. THE ASSOCIATED PRESS

ACCIDENT

Fallon injured again: Look, Ma, no hands!

Ned Ehrbar
Metro | Hollywood

Stop me if you've heard this before: Jimmy Fallon was rushed to the hospital because he hurt his hand. No, his other hand. The Tonight Show host — who has been recovering from a nasty kitchen accident from over the summer when he almost cut off a finger — took a tumble this weekend and messed up his other hand.

He was carousing after receiving an award from the Harvard Lampoon, carrying a bottle of Jaegermeister, when "some random girl kneeled down in front of him abruptly as he was turning around and he tripped over her," a source tells People magazine. Down went Fallon, bottle and all. He was rushed to Massachusetts General and bandaged up.

Jimmy Fallon. GETTY IMAGES

GOSSIP BRIEFS

Demi Lovato doesn't think Poot deserves headlines

Internet pranksters, Demi Lovato is not amused. Recently, an unflattering photo of the singer inspired a new online folklore legend, Poot Lovato, her fictional twin sister who "was locked in a basement her whole life."

The joke spawned a fake Twitter account and a full, fan-published back story and a Wikipedia page. And guess what! Demi herself is not amused. "Cool to see a s—ty angle turn into a meme that circulates the Internet to people's amusement ha," she tweeted, using the least convincing laugh I've heard since the last time I tried to do standup. NED EHRBAR/METRO HOLLYWOOD

Staff fired for trying to sneak pics of unconscious Odom

The health-care sector is generally a solid bet, career-wise, but here's a good way to flush any job security down the drain: Try to take photos of a comatose Lamar Odom that you can then sell to the tabloids.

Several staffers at Nevada's Sunrise Hospital were reportedly fired after trying to sneak snaps of the former NBA star while he was under care there, according to TMZ — which is particularly amusing because who the hell do you think they were going to try to sell them to? The new fires also reportedly tried to access Odom's medical records, which is obviously a big no-no. NED EHRBAR/METRO HOLLYWOOD

Church of Scientology called out by Remini

Leah Remini is not being shy about her dislike the Church of Scientology — which isn't surprising, considering she has a book coming out called Troublemaker: Surviving Hollywood and Scientology.

"Being critical of Tom Cruise is being critical of Scientology itself," she says in an interview with 20/20 airing this week. "You are evil." Seems a bit harsh. Hey, remember back when people actually used to be afraid of crossing the Church of Scientology because of how much damage they could do to your career or because of all their scary lawyers? So weird, right? NED EHRBAR/METRO HOLLYWOOD

NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

Halak, Isles blank Flames

NHL

Calgary loses for 7th time in 9 games this season

Jaroslav Halak stopped 29 shots for his second shutout in three starts, Frans Nielsen scored twice and the New York Islanders beat the Calgary Flames 4-0 Monday night.

Mikhail Grabovski and Cal Clutterbuck also scored and Kyle Okposo and Nikolay Kulemin each had two assists to help the Islanders improve to 4-1-1 at home this season.

Halak, making his fourth start, also had a shutout at Columbus last Tuesday night.

Grabovski, who scored the overtime winner in a 3-2 win at St. Louis on Saturday, beat Flames goaltender Joni Ortio with a snap shot on the power play with just under six minutes left in the middle period for a 1-0 lead.

The Islanders then scored three in the third. Nielsen made it 2-0 with his second of the season 5:26 into the period. Cal Clutterbuck added to the lead with about 8-1/2 minutes to go, and Nielsen capped the scoring with his second of the game with 1:50 left.

The Flames, coming off a 4-1 defeat at the New York Rangers the previous night, lost for the seventh time in nine games this season.

New York held a 14-8 shots advantage in the first. Both teams had 10 shots in the second.

The Flames had 11 more shots than the Islanders in the third period but couldn't solve Halak, who improved to 3-1-0 this season. Flames defenceman Dennis Wideman had perhaps the best chance with a point-blank from the top of the left circle.

The Islanders' Mikhail Grabovski moves the puck around Flames defenceman Mark Giordano in New York on Monday night.
BRUCE BENNETT/GETTY IMAGES

MONDAY In Brooklyn

4	0
ISLANDERS	FLAMES

The 24-year-old Joni Ortio made his first start of the season and finished with 31 saves. He became the backup when Karri Ramo was sent to the minors last week. The Finnish goaltender was a sixth-round draft pick by Calgary in 2009.

The Flames, who won 45 games and finished with 97 points last season, are averaging less than two goals a game with just 16 goals in nine contests. They have yet to lead after two periods and they have yet to score more than three goals in a game.

Last season's rookie sensation Johnny Gaudreau hasn't scored in the last seven games and has only one goal this season.

Islanders forward Ryan Strome returned after he was a healthy scratch in the previous game. THE ASSOCIATED PRESS

NHL IN BRIEF

Kuznetsov named first star

Washington Capitals centre Evgeny Kuznetsov is the NHL's first star of the week after scoring three goals and adding three assists over three games.

Kuznetsov's best offensive performance came on Friday, when he had three goals and two assists in Washington's 7-4 win over Edmonton. He also had three assists in Washington's 6-2 win over Calgary and assisted on Alex Ovechkin's winning goal in the Caps' 3-2 win over Vancouver. Montreal Canadiens defenceman Andrei Markov is the second star while L.A. Kings goaltender Jonathan Quick takes the third star. THE CANADIAN PRESS

Kane out with knee injury

Evander Kane's fresh start with the Buffalo Sabres has been sidetracked by an injury to his left knee. The hard-hitting, top-line forward will miss approximately four to six weeks, coach Dan Bylsma announced after practice on Monday.

Without revealing the exact nature of the injury, Bylsma said Kane won't require surgery after hurting his medial collateral ligament. Kane was hurt in the third period of a 4-3 loss to New Jersey on Saturday. He was checked by defenceman David Schlemko and his left knee was exposed and pinned to the boards by the knee-on-knee collision. THE ASSOCIATED PRESS

5 TALKING POINTS FOR NEW NBA SEASON

With the NBA regular season starting Tuesday night, here are five storylines to pay attention to as the 82-game marathon unfolds:

1 Kobe Bryant

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

Kobe Bryant

2 Kevin Durant

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012. Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

Kevin Durant

3 What divisions?

The three Atlantic Division championship banners that hang in the Air Canada Centre now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.

4 Go small or go home

The move in the NBA these days is towards so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.

The Knicks' Carmelo Anthony

5 Rotten Big Apple?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June.

TORSTAR NEWS SERVICE
PHOTOS BY GETTY IMAGES

Daniel Murphy has hit seven home runs this post-season, the last one coming in Game 4 of the NLCS against the Cubs.
NAM Y. HUH/THE ASSOCIATED PRESS

Murphy finds groove at the plate

WORLD SERIES

K.C. looks to end Mets bopper's homer streak

Daniel Murphy took a meaty cut, then motioned to the batting practice pitcher to throw one a bit outside.

"Please," the New York Mets bopper added, politely.

Murphy promptly lined the next toss Monday into the right-field corner at Kauffman Stadium.

That's how easy he's making it look in real games, too.

So far, Murphy has invited many of baseball's top aces to his October bash — Clayton Kershaw, Zack Greinke and Jake Arrieta among them.

Now, the Kansas City Royals hope to spoil his playoff party.

Murphy has homered in a record six straight post-season games. He'll take aim at Edinson Volquez and the Royals starting Tuesday night in the World Series opener.

Murphy hit a career-best 14 home runs during the regular season, then launched seven more in the first two rounds against the Dodgers and Cubs. He is one from matching the mark for most homers in a single post-season, shared by Barry Bonds, Carlos Beltran and Nelson Cruz.

"Superman? Oh, no, no," he said before the workout.

"Just a second baseman who's trying to get a good pitch to hit."

To Royals pitching coach Dave Eiland, that's the crux of Murphy's sudden power surge.

"He's getting a lot of good pitches to hit, and he isn't missing them," Eiland said. "He's right on them."

Eiland has noticed something else.

"He looks very comfortable in the batter's box — and I'll leave it at that," Eiland said.

Hmmm.

Told about Eiland's comment, Royals pitcher Kris Medlen chuckled.

"Nobody's going to hit anybody," Medlen said. "But there are ways to get guys out. Coming in, going out, mixing it up."

Medlen noted that last week against the Cubs, Murphy golfed a pitched that was barely a foot off the ground for a home run. It was the second-lowest pitch hit for a homer in the majors this year.

"He's hitting everything," Medlen said.

Murphy won the MVP award in the NL Championship Series for sweeping Chicago, going 9-for-17. THE ASSOCIATED PRESS

.421

Murphy's batting average this post-season (16-for-38). He's also scored 11 runs and racked up 11 RBIs in nine games.

MLB

Jays GM puts contract talk aside

Alex Anthopoulos feels he's starting to "hit his stride" as general manager of the Toronto Blue Jays.

Whether he'll be with the team for his peak years remains up in the air. Anthopoulos didn't shed any light on his contract status during his season wrap-up news conference Monday. The GM's future has become a front-burner topic since the Blue Jays were eliminated from the playoffs by the Kansas City Royals.

Anthopoulos, whose deal expires at the end of the month, has said he'd like to return but he decided to put contract talks aside during the post-season so it wouldn't become a distraction. He will be negotiating with new president Mark Shapiro, who will replace the retiring Paul Beeston next week.

"That will be addressed at the appropriate time," Anthopoulos said of his future with the team. "The appropriate time is not today." THE CANADIAN PRESS

Alex Anthopolouos
THE CANADIAN PRESS

IN BRIEF

Twins' Hunter to retire

Minnesota Twins right-fielder Torii Hunter has decided to retire.

The Twins confirmed Monday that Hunter will call it a career. He told the Star Tribune he wants to focus on his family. He hit .277 with 353 homers and 1,391 RBIs in 2,372 games in 19 seasons with Minnesota, the Los Angeles Angels and Detroit Tigers.
THE ASSOCIATED PRESS

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RECIPE Salmon Dinner Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A tray bake is the ultimate in ease and deliciousness since roasting always delivers big on flavour.

Ready in
Prep time: 10 minutes
Serves 4

Ingredients
- 12 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon filets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

Directions
1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

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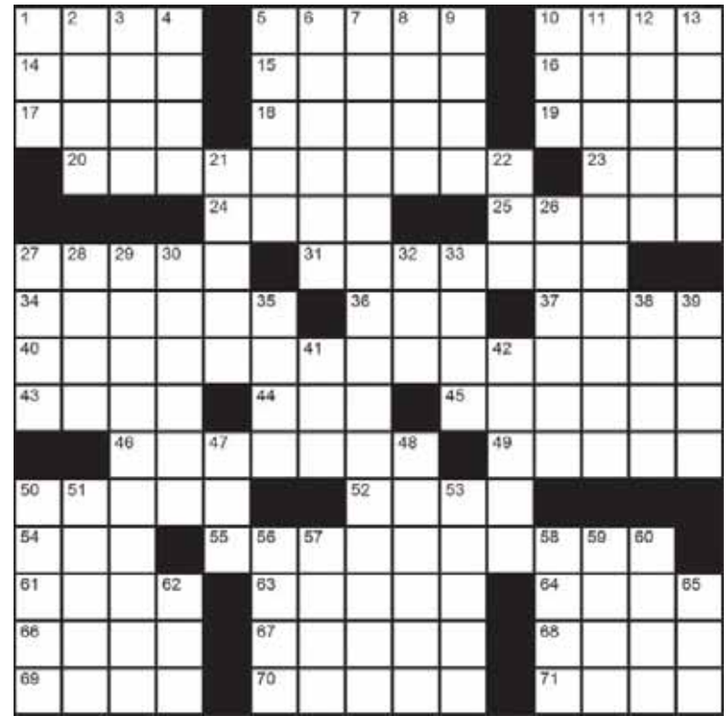
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "..._, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. _-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, _ _ House
23. Chem. suffix
24. Conde _ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from _
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitcher on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal _ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."
64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. _ of duty
69. Belonging to Manchester's li'l country
70. They're scattered in gardens
71. And nothing more

DOWN
1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. "_ la Douce" (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domani": Julius _ _
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. _ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: 'Falling _ You'
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

Taurus April 21 - May 21
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

Gemini May 22 - June 21
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

Cancer June 22 - July 23
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

Leo July 24 - Aug. 23
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

Virgo Aug. 24 - Sept. 23
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

Libra Sept. 24 - Oct. 23
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

Scorpio Oct. 24 - Nov. 22
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

Sagittarius Nov. 23 - Dec. 21
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

Aquarius Jan. 21 - Feb. 19
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

Pisces Feb. 20 - March 20
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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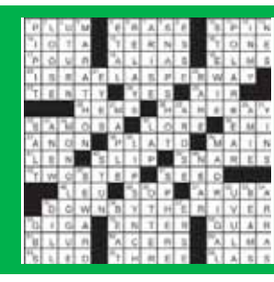

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4	2	9	8	6	5	7	1	3
7	8	3	1	9	4	6	5	2
6	4	5	7	1	2	3	8	9
8	3	7	6	5	9	4	2	1
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